

Caabuqyada ku dhaca hab-dhiska neefsashada (RTI)

Hage tallaabo-tallaabo ah oo ku saabsan sida loo maareeyo caabuqaaga

Waa maxay caabuqa ku dhaca hab-dhiska neefsiga?

Caabuqa ku dhaca hab-dhiska neefsashada / respiratory tract infection wuxuu ku dhacaa hab-dhiska neefsiga sare ama kan hoose, isaga oo keenaya astaamo. RTI waxaa caadi ahaan keena fayras, laakiin wuxuu mararka qaarkood noqon karaa bakteeriya.

Waa maxay astaamaha caamka ah ee RTI?

Daloolka sanko

- Sanko oo ku xiran ama duuf ka socda

Sanqada

- Xanuun
- Barar

Sambabada

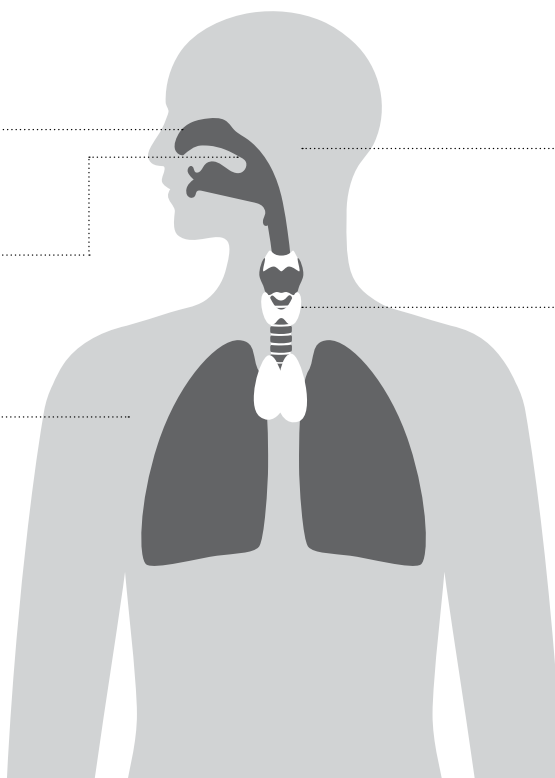
- Qufac
- Neefsashada oo dhib kugu ah
- Qufacidda xab

Dhegaha

- Dheg-xanuun

Cunaha

- Cune xanuun
- Quman bararsan



1

Is-caawi si aad fiicnaan u dareento

Wax kasta oo uu caabuqaagu yahay, waxaad sameyn kartaa waxyaabahan soo socda si ay kuu caawiyaan.



Barastimool qaado si aad xanuunka isaga yareyso. Mar kastaba raac timaamaha ku qoran baakadda.



Farmashiilahaaga weyddiiso talo ku saabsan yareynta astaamahaaga.



Nasasho badan qaado ilaa aad ka roonaato.



Cab dareere kugu filan si aad uga fogaato in aad oonto.



Isticmaal tiish marka aad hindhiseyso si ay kaaga caawiso joojinta faafitaanka caabuqa.



Gacmahaaga si joogto ah u dhaq iyo ka-dib marka aad tiishka isticmaasho.

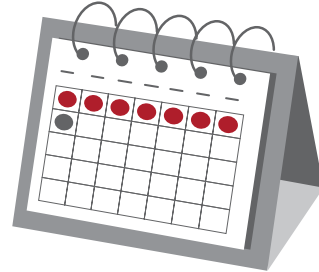
Haddii aad rabto macluumaad dheeraad ah, booqo mareegtada NHS www.nhs.uk.
Inta badan caabuqyada caamka ah ayaa iska fiicnaada antibiyootig la'aan. Ka ogow sida aad si wanaagsan ugu adeegsan karto antibiyootiga www.antibioticguardian.com.

Eeg inta ay astaamahaagu soconayaan



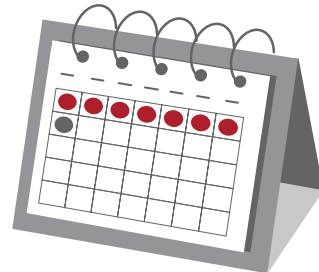
Dheg-xanuun

Inta badan waxay ku wanaagsanaadaan **7 ilaa 8 maalmood**



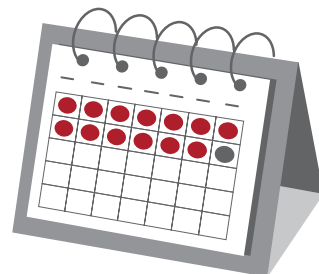
Cune xanuun

Inta badan waxay ku wanaagsanaadaan **7 ilaa 8 maalmood**



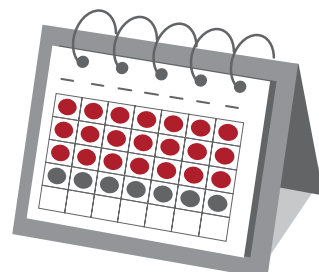
Hargab

Inta badan waxay ku wanaagsanaadaan **14 maalmood**



Qufac

Inta badan waxay ku wanaagsanaadaan **3 ilaa 4 toddobaad**



Haddii aadan bilaabin in ay xaaladaadu ku wanaagsanaato waqtiyada kor ku xusan, booqo farmashiile ama la xiriir rugta dhakhtarkaaga guud. Haddii aad dareemayso xaalad xun oo aad u daran, wac **NHS 111** ama **NHS 24** (eeg tallaabada 4aad).

3

Iska eeg astaamaha daran

Haddii aad leedahay caabuq oo aad isku aragto wax ka mid ah astaamaha hoose, **waa in aad si degdeg ah dhakhtarka u aragtaa.** Wac **rugta Dhakhtarkaaga Guud** ama wac **NHS 111** ama **NHS 24**.



Madax-xanuun daran



Maqaar aad u qabow



Neefsashada oo kugu adkaata



In aad jahwareer dareento



Xabad xanuun



Dhibaatooyin xagga liqidda ah



Qufacidda dhiig



Dareemidda xaaladaadu in ay ka sii dareyso

4

Halka caawimaad laga helo

NHS England



NHS 111 Wales



NHS Scotland



Northern Ireland

Contact your GP practice



Haddii aad leedahay **xaalad degdeg ah**, isla-markiiba wac 999